

**Amendments to the Written Description**

Please amend the written description as follows:

The paragraph on page 6, beginning at line 1:

In figures 1, 4 & 5 the brackets which hold the weights (F) are represented. As shown, these universal brackets have two extruding prongs/hooks extending laterally/parallel to the ground and having open areas therebetween, forming a pitchfork-shaped bracket that can support dumbbells. The dumbbells can nest within the bracket such that the ends of the dumbbells rest on the extruding prongs/hooks.

The abstract:

The present invention relates to a gym equipment for training of chest, deltoids, trapeziums and triceps muscles suitable to be used both in specific areas, such as gyms etc, and in private areas. The equipment consists in an adjustable bench (H) that allows the athlete to perform the exercises with the backrest in a horizontal position for stretching and pectoral crosses, a slanted position for pectoral crosses and an up-right position for deltoids and stretching with dumb-bells for triceps, and which is equipped with an assist mobile system of arms (servomechanisms) (E) used to hold the weights (bars and dumb-bells) that, with a mechanical, hydraulic, electric or pneumatic commands (C) activated through rods, pedals, switches or push buttons, allows the athlete to arrange the weights on ~~universal supports~~ brackets (F) without changing his position during the exercise, so that to reduce the efforts that, especially at the end of an exercise when the athlete is tired, may often cause inflammation and personal injury, not to mention psychological stress due to muscle strain. The equipment of the invention presents side panels (I) for the protection of the mechanism and also to guarantee the safety of the athlete and passers-by who could unintentionally come into contact with the mechanical parts in movement. This side panels can be also used as support for advertising material.